

# THIS WEEK AT ST FAITH'S

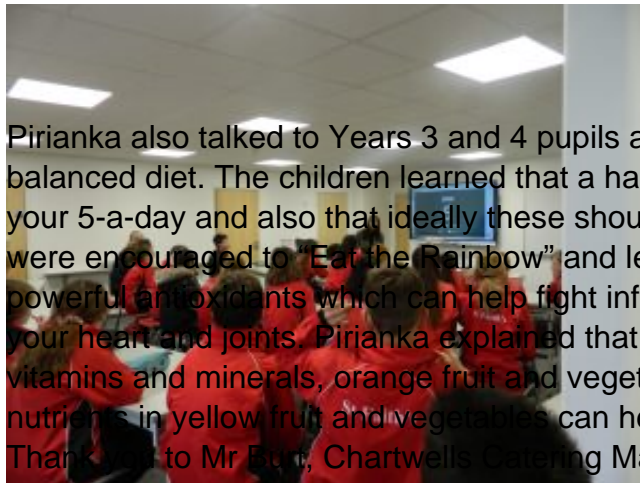
4th March 2022

**Dear All,**

We began the week with House Assemblies and I joined Newton House in their excellent assembly on the theme of “What it means to be humble”, led by the House Captains. The idea of humility was explored with some quotes from Mother Teresa, St Augustine and CS Lewis and the house assembly provided an important opportunity for reflection.

**Nutrition**

On Wednesday, Pirianka Louis-Montfort (Chartwells Nutritionist) visited school to talk to pupils in Year 7 about food allergies and intolerances. The nutritionist covered the 14 classified food allergens and she also explained that people can have allergies to many other food items such as chickpeas, tomatoes or lentils. Pirianka helped pupils to understand the difference between an allergy affecting the immune system and an intolerance affecting the digestive system.



Pirianka also talked to Years 3 and 4 pupils about healthy eating and the importance of a well balanced diet. The children learned that a handful is the portion size required to achieve one of your 5-a-day and also that ideally these should all be different fruits and vegetables. The pupils were encouraged to "Eat the Rainbow" and learnt that purple/blue fruit and vegetables contain powerful antioxidants which can help fight infections, whilst red fruit and vegetables support your heart and joints. Pirianka explained that green fruit and vegetables are loaded with vitamins and minerals, orange fruit and vegetables are good for your skin, eyes and heart, whilst nutrients in yellow fruit and vegetables can help vision, digestion and the immune system. Thank you to Mr Egan, Chartwells Catering Manager, for organising this most interesting and informative visit.

## Foundation Phonics

This week when I visited Mrs Harmsworth's Foundation class, there was an exciting phonics lesson underway. The children were thoroughly enjoying playing a game called 'Quick-write', in which they are shown a flashcard with the phoneme, they say it while performing the corresponding action, then it is hidden, and they write it on mini-whiteboards. The purpose of the activity is to consolidate correspondence between the phoneme and grapheme. At the same time, the pupils also reminded themselves of the definitions of a digraph (2 letters that make one sound like 'oi' as in coin) and trigraph (3 letters that make one sound like 'air' as in chair). At this half way point of the academic year, it is really exciting to see the progress that the children have made.

## Chess News

Congratulations to the St Faith's A-team who secured another podium finish on Saturday. As the chess season came to a close, they won bronze medals behind King's College School and JCB – who are a combination of the top chess players from three schools in Cambourne. En-route to this medal-winning performance, our A team gained victories over the top two teams this season. More news can be found in the index of this newsletter.

## Humanities

Last Friday Year 5 enjoyed visiting a Jewish Museum as part of their Humanities studies. They were able to see and find out about a number of items that are important in the Jewish faith, particularly the Torah. The pupils learned that the Torah is treated very carefully and respectfully, often cradled in a mantle or coat, and sometimes dressed with a special crown, demonstrating its special significance. On returning to the classroom pupils reflected on how we should treat things and people who are important to us.

## **Year 7 Study Pythagoras' Theorem**

Two of the Year 7 Maths classes have been outdoors this week, applying the rules of Pythagoras' Theorem when measuring two dimensions of specific locations around school. They needed to apply their knowledge and use the equation to solve the 3rd missing length such as the hypotenuse (the longest diagonal side) or to manipulate the equation to find the length of one of the shorter sides.

## **Power House Games**

On Monday, 12 pupils from Year 8 were invited to take part in the PowerHouseGames and event organised by Power2Inspire. This organisation was established in 2013 by John Willis who regularly visits St Faith's to talk to the pupils about inclusion in sport. John, a passionate sportsman, was born without fully formed arms and legs and he was determined that his experience of being excluded from as a child sports, should not be repeated. He therefore created the PowerHouseGames.

Events take place several times a year and are designed to be accessible, fun and inclusive for everyone, including those with or without disabilities. Joe (8B) said "we played a variety of games and, as well as enjoying the experience, it taught us about the challenges faced by some people and how rewarding it is to help others". The children were superb ambassadors for St Faith's as they whole heartedly embraced the ethos of Power2Inspire and enjoyed a range of activities with both able-bodied and disabled children.

## **EVENT REPORT**